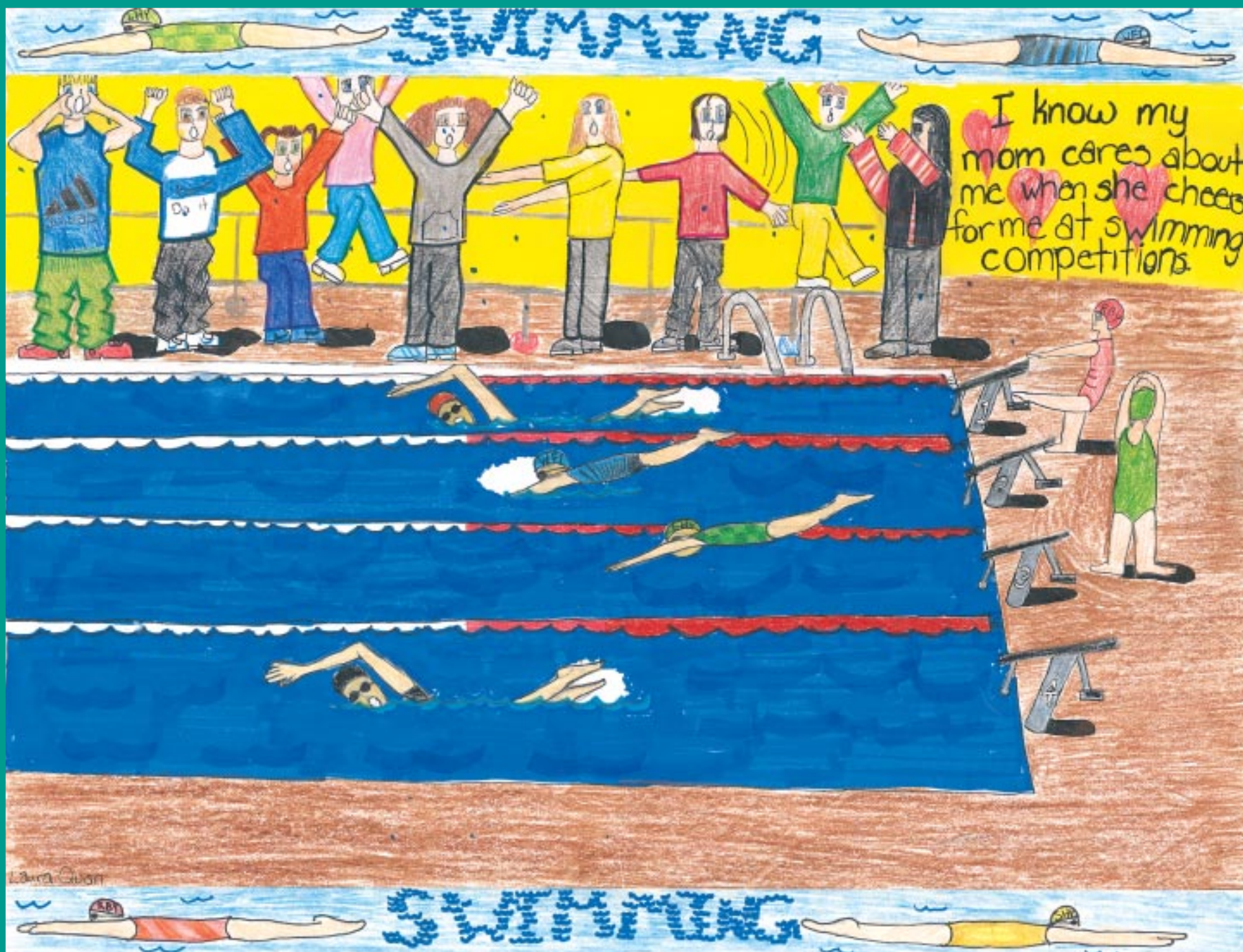


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FAMILY HELP-LINE 1-800-THE KIDS

For more information on parenting and children, visit the New Jersey Task Force on Child Abuse and Neglect on-line at www.state.nj.us/humanservices/cap/njcap3.html

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August

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1 Raise good kids by being firm, fair and loving.

2 Share your values with your children. Teach them to be honest, reliable and responsible.

3 Reaching out for help with parenting makes sense. At 1-800-THE KIDS, caring people are ready to help.

4 Make time for yourself and your partner to nurture your love for each other.

5 Establish "rules of the road" for the Internet and monitor the websites your children visit online.

6 Start a scrapbook with pictures and stories about your family's summer activities.

7 Plan a refreshing escape today — invite some friends and their kids to the community pool.

8 Sunday is a great day to relax and spend time together.

9 A strong sense of self-esteem is one of the greatest gifts you can give your children.

10 As soon as they can, all children should learn their name, address, and phone number.

11 Arrange for your children to spend time with a friend or relative while you and your partner enjoy an evening together.

12 Tip for new moms: Don't expect too much from yourself. Housework won't always get done, but eventually you'll get back to a routine.

13 Every rule you set should be reasonable, clear and enforceable.

14 If your child is starting school this fall, try to visit it before opening day so he or she gets to know this brand new environment.

15 Encourage your children and their friends to put on a talent show. You can supply the popcorn and applause.

16 Treat yourself with the same respect and care that you show others.

17 Realize that your teenager has a physical need for increased rest.

18 Avoid back-to-school shopping arguments by agreeing on a list ahead of time.

19 Children know you care if you really listen when they're speaking to you.

20 When the kids make a list of school supplies they'll need, have them use the newspaper's "back to school" ads to add up prices.

21 Help the kids check out a riddle book from the library and then let them challenge you!

22 Protect your children from sexual abuse by telling them no one has the right to touch them in a way that makes them uncomfortable.

23 Defuse anger before it builds. Don't take it out on the ones you love.

24 Don't worry if every chore or errand doesn't get done today. Some things can wait until tomorrow.

25 Ignore children's squabbling whenever possible. Encourage them to learn to solve their own problems.

26 Make sure your kids know the places and activities that are off-limits without parental supervision.

27 Let your children know every day how much you love and respect them.

28 Practice and encourage forgiveness in your family.

29 Be sensitive to your child's need for private, one-on-one talks with you.

30 Be a good listener. Wait until your child finishes speaking before you give your response.

31 Words to encourage your kids: "I'm proud to be your Mom (or Dad)!"

Notes